



**In an effort to ensure that you and your family is prepared at home and to support National Preparedness Month**

## **The Tip of the Week**

### **Create a Support Network**

- ❖ If you anticipate needing assistance during a disaster talk to family, friends and others who will be part of your personal support network.
- ❖ Write down and share each aspect of your emergency plan with everyone in your support network.
- ❖ Make sure everyone knows how you plan to evacuate your home or workplace and where you will go in case of a disaster.
- ❖ Make sure that someone in your local network has an extra key to your home and knows where you keep your emergency supplies.
- ❖ Teach those who will help you how to use any lifesaving equipment, administer medicine in case of an emergency.
- ❖ Practice your plan with those who have agreed to be part of your network.
- ❖ Go to <http://www.ready.gov/> for help in developing a family emergency plan



**Alaska Synod**  
**Evangelical Lutheran Church in America**  
God's work. Our hands.